



## Jr. Guard Prep Class

**Beach Lifeguards**  
McGaugh Campus, 1698 Bolsa Ave

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! Space is limited - only 40 spots available - so sign up early!

*\*\*Completion of the class does not guarantee a spot in 2012 Junior Lifeguard Program, those interested will have to register at Junior Lifeguard Registration on Saturday, June 16 at Lifeguard Headquarter (888 Ocean Ave).*

224030-01	4 weeks	Mon/Wed/Fri	4/2-4/27	6-7pm	\$80
224030-02	4 weeks	Mon/Wed/Fri	4/30-5/25	6-7pm	\$80

## Jr. Guard Conditioning Class

**Beach Lifeguards**  
McGaugh Campus, 1698 Bolsa Ave

This class is designed for the returning Junior Lifeguard who want some extra help to prepare for the Swim Test and the summer. Enrollment in 2011 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 40 spots available - so sign up early!

224031-01	4 weeks	Tue & Thu	4/3-4/26	6-7pm	\$65
224031-02	4 weeks	Tue & Thu	5/1-5/24	6-7pm	\$65

## Jr. Guard "Last Chance" Class

**Beach Lifeguards**  
McGaugh Campus, 1698 Bolsa Ave

Intensive two week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to both new and returning Junior Lifeguards. Participants will be tested at the last class and it counts towards the Junior Guard Swim Test! Space is limited - only 40 spots available - so sign up early!

*\*\*Completion of this class does not guarantee a spot in the 2012 Junior Lifeguard Program, unless participant is a returning Junior Lifeguard. New participants must register at Junior Lifeguard Registration on Saturday, June 16 at Lifeguard Headquarters (888 Ocean Ave).*

224032-01	2 weeks	Mon-Fri	5/28-6/8	6-7pm	\$65
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## 2012 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 - 'C' group (9-11)
- 1:40 - 'B' group (12-13)
- 1:35 - 'A' group (14-17)

ALL swim tests will be held at McGaugh Elementary School- 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

### Returning Junior Guards

Date	Time
Saturday, May 5	7am-10am
Saturday, May 12	7am-10am

*If you can not make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.*

### New Junior Guards\*:

Date	Time
Tuesday, May 29	5pm-7pm
Thursday, May 31	5pm-7pm
Saturday, June 2	7am-10am

*\*Passing the swim test does not guarantee a spot in the program (except for returning Junior Guards). All NEW participants must register Saturday, June 16th at Lifeguard Headquarters.*

For additional program information, please visit [www.sealbeachca.gov/living/lifeguard/information](http://www.sealbeachca.gov/living/lifeguard/information) or call (562) 431-2527 ext. 1206.